

**Product Spotlight:
Pecans**

Pecan trees typically grow between 20-40 metres tall and can bear fruit for up to 300 years!



Field Mushrooms with Black Rice Stuffing Salad

A recipe inspired by traditional stuffing, black rice is tossed with cooked vegetables, fresh rocket and a maple mustard dressing, and served with field mushrooms.



35 minutes



4 servings



Plant-Based

Save it!

Save this recipe for the next time you are making a roast. Stuff a pumpkin, capsicum or zucchini with the black rice salad (not including the rocket) and roast using your preferred method.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	24g	90g

FROM YOUR BOX

BLACK RICE	1 packet (300g)
SAGE	1 packet
FIELD MUSHROOMS	1 bag (600g)
BROWN ONION	1
CELERY STICKS	2
SWEET POTATOES	400g
MUSTARD	1 jar
CRANBERRY AND PECAN MIX	1 packet (100g)
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, vinegar of choice

KEY UTENSILS

saucepan, BBQ, frypan

NOTES

If you prefer, you can roast the mushrooms for 15 minutes on 220°C.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



2. ROAST THE MUSHROOMS

Finely chop sage and remove mushroom stems (reserve for step 3). Drizzle with **oil** and season with 1/2 chopped sage, **salt and pepper**. Heat a barbecue over medium-high heat and grill mushrooms for 4–5 minutes on each side (see notes).



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice onion and celery. Dice sweet potato and reserved mushroom stems. Add to pan as you go along with **1/2 cup water**. Cook, semi-covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.



4. MAKE THE DRESSING

In a large bowl whisk together mustard, **1/4 cup olive oil**, **3 tsp vinegar** and **1/2 tbsp maple syrup**.



5. TOSS THE RICE

Roughly chop cranberry mix. Add to bowl along with rice, vegetables and remaining sage. Toss until well coated. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide grilled mushrooms among plates. Top with rice stuffing and serve with a side of fresh rocket leaves.



Scan the QR code to
submit a Google review!

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

